

## Zone 2 “LTAD Vision/Implementation”

### Guiding Statements

- ✓ Zone 2 is fully supportive of the LTAD philosophy as presented by Sport Canada, Ringette Canada and Ringette Alberta and is committed to implementing its philosophies and methods for the betterment of the sport in Zone 2.
- ✓ Zone 2 recognizes that the cornerstone to the successful incorporation of LTAD philosophies is to have our coaches committed to and trained in the methods and philosophies of LTAD
- ✓ Zone 2 is committed to implementing LTAD at our grassroots levels U10, U9 and U6 immediately and then expanding LTAD implementation to older levels as these players move into the older levels.

Reference Material on Ringette Alberta Website : [www.ringettealberta.ca](http://www.ringettealberta.ca)

LTAD Brochure - click [here](#)

LTAD Framework Document - click [here](#)

Ringette Technical Skills Matrix - click [here](#)

## Implementation

### 2009-2010 Season

- ✓ It is the primary responsibility of each individual association to insure that their coaches have the training and tools to effectively implement the methods and philosophies of LTAD
  - Zone 2 is committed to gathering information and resources to assist the associations in this. The following will be investigated and organized:
    - Disseminate LTAD information to the associations and coaches.
    - Lobby Ringette Alberta and NCCP to provide guidance on coach LTAD training
    - Organize and information session for Parents/ Coaches with Dr. Norris to present basis for LTAD.
- ✓ U9 (Bunnies) in Zone 2 will commence organized games after Christmas.
  - Total number of scheduled games of 6 - 10
  - Season will end with the Bunny Bash
- ✓ Novice Season will commence in November
  - This will allow for a full month of 2 ice times per week to solely develop skills
  - Total number of scheduled games of 12 - 16
- ✓ There will not be Zone 2 Playoffs at the U10 (Novice) Level
  - Will look at concluding the season with Novice Tournament similar to the Bunny Bash.

## **Future Seasons**

- ✓ Develop and ongoing training program for New Coaches w.r.t. LTAD methods and philosophies
- ✓ Review the elimination of tiering at Petite
- ✓ Review the elimination of Zone 2 Playoff's at U12 (Petite) / U14 (Tween). In conjunction with Ringette Alberta plans to alter the format of Provincials to include all teams not just Zone Champions and Wildcards.

## **SMRA – LTAD/CS4L Implementation Objectives**

SMRA Board discussed the objectives of Ringette Canada and the implementation of the LTAD/CS4L policies at our last board meeting May 20<sup>th</sup>.

SMRA supports staging implementation of these philosophies, and discussed introducing these philosophies in the upcoming season in the following ways:

- SMRA discussed the most effective way to introduce these philosophies is to address the foundation divisions first
  - SMRA supports the concept of no games prior to Christmas between Associations at the U9 (Bunny) level
  - SMRA supports the concept of eliminating a Banner at the U10 (Novice) level
  
- SMRA will strive to form a LTAD/CS4L committee that will potentially include our Sports Development Director, Coaching Director and Marketing Director, in addition to other undetermined members. The purpose of this committee will be to:
  - Investigate and provide development suggestions of programs, drills, games, activities at each division level, focusing this season (2009-10) with the foundation levels U9 and U10
  - Providing these resources to our Coaches, to minimize confusion and maximize positive experiences.
  - Encourage brainstorming sessions and setting goals through ongoing Coaches/ LTAD Committee meetings
  - Educate and promote the philosophies to our membership, through updating our Website to include the LTAD/CS4L model and philosophies, and SMRA's role to introduce these strategies.

## Indus – LTAD Implementation Ideas

- not be so strict with the 3 in rule at Bunny/take out the red line??
- to reduce the "competition" at the Bunny level dedicate some game time to other activities (skill "competitions" rather than a 60 minute real game....idea being to have kids less time on bench more time on tasks). .